

IT IS CLAIMED:

1. A shooting rest comprising:
a mounting bracket for securing said shooting rest to a structure,
an arm pivotally attached to said mounting bracket, said arm forming a branched support at an end opposite said bracket, said branched support having a first fork and a second fork, and
a cradle suspended between said first fork and said second fork.
2. A shooting rest in accordance with claim 1 wherein said cradle is suspended by a first cord end and at an opposite end by a second cord end, said first cord end associated at an end opposite said cradle to said first fork and said second cord end associated at an end opposite said cradle to said second fork.
3. A shooting rest in accordance with claim 2 wherein said first fork includes a first opening, said second fork includes a second opening, and said arm includes a third opening and a passageway connecting said first opening and said second opening to said third opening,
wherein said first cord end passes through said first opening into said passageway and through said third opening, and said second cord end passes through said second opening into said passageway and through said third opening.
4. A shooting rest in accordance with claim 1

wherein said mounting bracket comprises an upper portion having an opening for receiving a screw for attaching said mounting bracket to a structure, a lower portion for engaging said arm, and a back portion connecting said upper portion to said lower portion.

5. A shooting rest in accordance with claim 4 wherein said lower portion comprises a first horizontal platform extended from said back portion, and a second horizontal platform extended from said back portion.

6. A shooting rest in accordance with claim 5 wherein said lower portion comprises a vertical plate aligned with said back portion and extended between said first platform and said second platform, wherein said first platform and said second platform each includes an aperture for receiving said arm.

7. A shooting rest in accordance with claim 5 wherein said lower portion comprises a vertical plate aligned with said back portion and extended between said first platform and said second platform, wherein a cylinder for receiving said arm is affixed to said first platform and said second platform.

8. A shooting rest in accordance with claim 1 wherein a length of said arm is adjustable.

9. A shooting rest in accordance with claim 1 wherein said branched support is Y-shaped.

10. A shooting rest comprising:

a mounting bracket for securing said shooting rest to a structure,

an arm pivotally to said mounting bracket,

a branched connector attached to an end of said arm opposite said mounting bracket, said branched connector having a base portion, a first branch and a second branch,

a first fork attached to said first branch,

a second fork attached to said second branch, and

a cradle suspended between said first fork and said second fork.

11. A shooting rest in accordance with claim 10 wherein said cradle is suspended by a first cord end and at an opposite end by a second cord end, said first cord end associated at an end opposite said cradle to said first fork and said second cord end associated at an end opposite said cradle to said second fork.

12. A shooting rest in accordance with claim 11 wherein said first fork includes a first opening, said second fork includes a second opening, and said base portion includes a third opening and a passageway connecting said first opening and said second opening to said third opening,

wherein said first cord end passes through said first opening into said passageway and through said third opening, and said second cord end passes through said second opening into said passageway and through said third opening.

13. A shooting rest in accordance with claim 10

wherein said mounting bracket comprises an upper portion having an opening for receiving a screw for attaching said mounting bracket to a structure, a lower portion for engaging said arm and a back portion connecting said upper portion to said lower portion.

14. A shooting rest in accordance with claim 13 wherein said lower portion comprises a first horizontal platform extended from said back portion, and a second horizontal platform extended from said back portion.

15. A shooting rest in accordance with claim 14 wherein said lower portion comprises a vertical plate aligned with said back portion and extended between said first platform and said second platform, wherein said first platform and said second platform each includes an aperture for receiving said arm.

16. A shooting rest in accordance with claim 14 wherein said lower portion comprises a vertical plate aligned with said back portion and extended between said first platform and said second platform, wherein a cylinder for receiving said arm is affixed to said first platform and said second platform.

17. A shooting rest in accordance with claim 10 wherein said base portion can telescope out from or into said arm or said arm can telescope out from or into said base portion.

18. A shooting rest in accordance with claim 10

wherein said base portion and said arm are removably adjoined using a snap button arrangement.

19. A shooting rest in accordance with claim 10 wherein said first fork and said first branch are removably adjoined using a snap button arrangement and said second fork and said second branch are removably adjoined using a snap button arrangement.

20. A shooting rest in accordance with claim 10 wherein a first silencer is located about said arm at an end opposite said mounting bracket, a second silencer and a third silencer are located about said first branch and said second branch, respectively, opposite said base portion.

21. A shooting rest in accordance with claim 16 wherein a first silencer is located about an upper edge of said cylinder and a second silencer is located about a lower edge of said cylinder.

22. A shooting rest in accordance with claim 10 wherein said branched connector is Y-shaped.

23. A method of supporting a firearm comprising:
attaching a shooting rest having a pair of forks
to a structure,

suspending a cradle between said pair of forks,
and

resting a firearm in said cradle.

24. A method in accordance with claim 23 wherein said shooting rest is directly or indirectly pivotally

attached to said structure to allow horizontal movement of said pair of forks when aiming said firearm.

25. A method in accordance with claim 23 wherein said cradle is swingably suspended between said pair of forks to allow movement of said cradle for vertically aiming said firearm.

26. A method in accordance with claim 23 wherein a distance between said cradle and said pair of forks is adjustable.

27. A method for smooth and continuous tracking with a firearm of moving game comprising:

supporting a firearm in a cradle swingably suspended between a pair of forks, said forks pivotally attached, directly or indirectly, to a structure;

swinging said firearm in one or more movements including moving said firearm forward within said cradle, sliding said cradle forward along a barrel or stock of said firearm, moving said firearm backward within said cradle, sliding said cradle rearward along the stock of said firearm, and moving said firearm and said cradle horizontally.